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Skyline Rural Watch Newsline

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Phone: (503) 621-3501
SRNPDX.ORG | Facebook Group: Skyline Ridge Neighbors



Date: February 1, 2022

February is LOVE SRN Month!!

Skyline Ridge Neighbors (SRN) is an all-volunteer neighborhood association. Our only source of income is your donations. As many of you know, we have missed our main fundraiser for SRN the past two years with the cancellation of our annual gathering and auction. We're so thankful for the generous contributions of community members who have donated to SRN over the past year. We consistently hear how much residents love our community and the beauty of our surroundings through the neighbor submitted articles in the Ridge Runner, communication via the Newsline, and casually bumping into neighbors in the community. With that spirit in mind we're kicking off 'LOVE SRN' month this February.

We have created an exciting new SRN sticker, t-shirt, hat, and tote bag. With a donation of \$10, you will receive one of the new SRN stickers as a thank you gift. With a donation of \$120, you will receive a sticker and your choice of either a t-shirt, hat, or tote bag. This is a great opportunity to show your love and pride of our community while also providing critical financial support to our organization. This support helps us maintain communication channels to the community through the Ridge Runner, Newsline, and Facebook pages, provide neighborhood clean up opportunities like SOLVE, and support neighborhood safety programs like NET and resident CPR training.

[CLICK HERE TO DONATE NOW](#)

PHOTO ALBUM FOUND

From our Neighbor. While walking on Skyline, near Beck Rd., I found a photo album scattered on the side of the road. Only family photos and the majority of photos are of young children. There's no name(s) on any of the photos. Not sure what to do with the album.

Thanks, Russell

Please let us know if you know who these might belong to by replying to this email.

SKYLINE RIDGE NET NEWS

SkylineRidgeNET@gmail.com

BASIC NET TRAINING COURSE: SIGN-UP NOW

For the first time since the pandemic began, Portland Bureau of Emergency Management (PBEM) is offering its IN-PERSON 28-hour training course. This free training will provide you with the core skills needed in order to respond safely and effectively in a major disaster, and the training to become an active Skyline Ridge NET member serving our area or a Team of your choice.

WHEN: 3 Saturdays: Feb. 26, Mar. 5 and Mar.12 in classroom and either Mar. 19 or Mar. 26 for the Final Field Exercise

TIME: 8:30 a.m. – 5 p.m.

DETAILS & TO REGISTER: go to https://is.gd/bnt_0222

- You must live or work in Portland to take the training.
- Complete the NET registration form to become an applicant.
- Then complete the Online Preparedness Training (viewing about 2 hours of basic prep videos

and a quiz). Once complete, you are cleared to take the Basic NET course.

- Proof of full vaccination, 6-foot distancing, and a KN95 or N95 mask.

FOR INFO ABOUT SKYLINE RIDGE NET. Contact Rachael Brake at 503621-3423 or email skylineridgeNET@gmail.com.

WORKSHOP ON WILLOW & DOGWOOD CUTTINGS & VOLUNTEER OPPORTUNITY

Join Scappoose Bay Watershed Council and the Lower Columbia Estuary Partnership to plant native trees and shrubs along the bank of South Scappoose Creek to create healthy habitat for salmon. They will also hold a workshop to teach interested participants how to make willow and dogwood cuttings for restoration projects. These cuttings will be planted along the South Scappoose creek bank along with other plants.

WHEN: February 26, 2022

TIME: 9 a.m. – noon (arrive at 8:45 a.m. to participate in the cutting workshop)

WHERE: Veteran's Park, 52590 Captain Roger Kucera Way, Scappoose 97056

DETAILS: Work party will include cutting workshop, planting native trees and shrubs, planting willow and dogwood cuttings, picking up trash, and pulling weeds. Wear a mask, work gloves, sturdy shoes and dress for the weather. Bring if you have, shovel, hand snips, and/or pruning shears.

REGISTER: at [Native Planting Workshop and Work Party at Veteran's Park in Scappoose Registration, Sat, Feb 26, 2022 at 9:00 AM | Eventbrite](#).

QUESTIONS: Contact Emily Martin at emily@scappoosebay-wc.org or 503-298-5440.



<https://www.tvfr.com/>

If you think it's a heart attack, call 911 right away

During American Heart Month, Tualatin Valley Fire & Rescue invites you to join us in raising awareness of the signs and symptoms of a heart attack and the importance of immediately calling 911 in the event you or someone nearby experiences symptoms.

Unlike a sudden cardiac arrest that strikes suddenly and includes a loss of consciousness, a heart attack can develop slow enough that you're not aware you're having a medical emergency. A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.

Symptoms typically include:

- **Chest discomfort** in the center of the chest that lasts for more than a few minutes or goes away and returns. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Upper body discomfort**, such as pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath** before, during, or after other discomforts.
- **Other signs**, including breaking out in a cold sweat, nausea, or lightheadedness.

The most common heart attack symptom for women and men is chest pain or discomfort. However, women are more likely to experience other symptoms, particularly shortness of breath, nausea or vomiting, back or jaw pain, pressure in the lower chest or upper abdomen, dizziness, fainting, or extreme fatigue. The heart is a muscle. It can deteriorate with each passing minute you delay medical treatment. Don't ignore your symptoms, and don't drive yourself to the hospital.

Firefighters often hear heart attack patients say, "I wasn't sure it was a heart attack," or "I didn't want to bother anyone."

Remember, TVF&R crews are here for you. Our highly trained firefighter paramedics can diagnose a heart attack and start treatment right away. Crews can also relay your EKG information to the hospital, enabling its staff to activate special heart teams and prepare for your arrival.

A heart attack can cause sudden cardiac arrest when the heart malfunctions and stops beating unexpectedly. Sudden cardiac arrest leads to death when the heart stops working properly. This can be reversed if CPR is performed and a defibrillator is used to shock the heart and restore a normal heart rhythm. Studies show that CPR can double or triple a cardiac arrest patient's chance of survival.

Your assistance in performing hands-only CPR until crews arrive can make a difference. Hands-only CPR has just two easy steps: Call 911 and push hard and fast in the center of the chest to the beat of the disco song "Stayin' Alive." For more information, visit www.tvfr.com.

Advertisement

Advertise in the Newsline

We welcome classified ads from individuals, families, and home-based businesses within the SRN boundaries. Ads are limited to 50 words, and be sure to include your contact information. Send them to newsline@srnpdx.org and indicate how many times you want your ad to run.

Prices for Newsline ads are as follows:

Families & individuals: First issue is free, then \$5 for each additional repeat of the same ad.

Home-based businesses: \$7.50 per Newsline issue

Please pay for your ad in advance by either mailing a check payable to SRN to our Treasurer Rachael Brake, 14109 NW Rock Creek Rd., Portland 97231, or via the Venmo phone app to cmbrake@hotmail.com. Be sure to indicate which Newsline ad you are paying for.

Skyline Ridge Neighbors, Inc Website
<https://www.srnpdx.org/>

Calendar

Skyline Ridge Neighbor, Inc Regular Board Meeting: The SRN board meetings are routinely held the 2nd Tuesday of the month at 6:30 pm by Zoom. All are welcome to attend. For Zoom login information please reach out to Emily at ebemilybennett@gmail.com

Skyline Ridge Runner Deadline for the next issue is March 15. If you have any ads, calendar listings, news items, stories, letters, photos, etc. that you would like to submit for publication in the January edition, please email them to ridgerunner@srnpdx.org. Or call me (503-621-9887) to let me know you're going to send something for the Ridge Runner. Please note that the Ridge Runner may not reach mailboxes until the middle of the month of publication. Thanks, Miles Merwin Editor

Find the community calendar here: <http://www.srnpdx.org/calendar.html>

Resource Directory

As a service to neighbors, SRN publishes a listing of local government agencies and businesses in the Skyline Resource Directory. Follow the links in this section to view its contents and learn how to add a business or agency listing. Listing of organizations and businesses herein does not imply any endorsement of SRN nor does it imply a lack of endorsement for similar organizations or businesses not included.

Community Links

Skyline Ridge Neighborhood Emergency Team (NET): SkylineRidgeNET@gmail.com

Skyline Grange: <https://skylinetrangeg84.org/>

Forest Park Conservancy: <http://www.forestparkconservancy.org/>

Linton Community Center: <http://www.lintoncommunitycenter.org/>

West Multnomah County Soil and Water Conservation District: <http://wmswcd.org/>

Skyline School: <http://www.pps.k12.or.us/schools/skyline/>

Skyline School PTA: <https://skylineschoolpta.com/>

Lincoln High School: <http://www.pps.k12.or.us/schools/lincoln/>

About the Newsline

Skyline Rural Watch Newsline is a part of Skyline Ridge Neighbors (SRN) and has been produced since June 1994 as a means to communicate neighborhood information. The Newsline is produced by Laurel Erhardt (editor) with help from Miles Merwin, Libby Merwin, and Sen Speroff.

The Newsline depends on you as a source of accurate information about local crimes, upcoming events, and other news pertinent to the area. If you have information you would like considered for the Newsline, you may do so by e-mailing the information to newsline@srnpdx.org, or leaving a message at (503) 621-3501. Urgent, timely items (crimes, lost pets) should be emailed to alert@srnpdx.org. If you would like more detailed information about any item on the Newsline, request that information & SRN will e-mail it to you if available.

You can [subscribe to the Newsline](#) at the Skyline Ridge Neighbors website, SRNPDX.org. Tell your neighbors about this free Newsline service.

About Skyline Ridge Neighbors

SRN is a neighborhood association serving much of unincorporated northwest Multnomah County and some adjacent areas within the city of Portland. SRN is registered as a neighborhood association within Multnomah County, registered as a non-profit public benefit corporation with the State of Oregon and approved as a 501(c)(3) non-profit organization under the IRS Code. SRN is operated by volunteers and with donated funds entirely.

If you would like to donate to SRN in support of its activities, such as this free Newsline service and the publication of its quarterly Skyline Ridge Runner, send your donation to "Skyline Ridge Neighbors", c/o Rachael Brake, 14109 NW Rock Creek Rd, Portland OR 97231. Contributions are tax deductible to the extent allowed by law.

